

Coumadin (Warfarin)

Updated 10-27-06

and Your Diet

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The main dietary concern of taking warfarin has to do with the amount of vitamin K in your diet. Vitamin K changes the way warfarin affects the blood. When you eat foods that are high in vitamin K, you can decrease the effect of warfarin. Likewise, eating less vitamin K can increase the effect of the medication.

The key is to try to eat a similar amount of foods that contain vitamin K each day.

Don't make any major changes to your diet without speaking with your doctor. If you want to lose weight, eat a lower fat diet or become a vegetarian, your doctor would want to know about these changes to help manage your warfarin.

Leafy green vegetables have contain higher amounts of vitamin K and one rule of thumb is to suspect that green veggies, cabbages and lettuces are high in Vitamin K. Also certain legumes like peanuts and peas might cause problems. Certain vegetable oils have high amounts of vitamin K.

Foods that are low in vitamin K include roots, bulbs, tubers, some fruits and fruit juices. Cereals, grains and other milled products are low in vitamin K.

Keep in mind that the amount of foods you eat with vitamin K add up. So if you eat a more foods that contain medium amounts of vitamin K in a particular day, your vitamin K intake will be high for that day.

What about alcohol?

You should avoid drinking alcohol while taking warfarin because alcohol can change the way your body responds to the medicine. Talk with your doctor about this. He or she may tell you that it's fine to drink alcohol but may want you to have a similar amount of alcohol each day so that your blood levels of warfarin remain stable.

High (over 40 mcg Vitamin K per serving)

Vegetables Serving Size mcg per serving

Spinach, frozen 10 oz. 1189.5
Parsley, raw 1 cup 984.0
Spinach, cooked 1 cup 888.5
Collard Greens, cooked 1 cup 836.0
Kale, raw, chopped 1 cup 547.4
Swiss Chard, raw 1 cup 298.8
Mustard greens, raw, chopped 1 cup 278.5
Broccoli, cooked, chopped 1 cup 220.2
Brussels sprouts, cooked 1 cup 218.8
Onions, green/scallions, raw 1 cup 207.0
Brussels sprouts, raw 1 cup 155.8
Spinach, raw 1 cup 144.9
Turnip greens, raw 1 cup 138.1
Endive, raw, chopped 1 cup 115.6
Broccoli, raw, chopped 1 cup 92.5
Watercress, raw 1 cup 85.0

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Okra, cooked 1 cup 64.0
Lettuce, green leaf, raw 1 cup 62.5
Peas, green, frozen, cooked 10 oz 60.7
Lettuce, Boston/Bibb, raw 1 cup 56.3
Leek, raw 1 medium 41.8
Lettuce, Romaine, raw 1 cup 48.2
Cabbage, napa, raw, shredded 1 cup 42.0
Peas, green, cooked 1 cup 41.4
Peas, sugar snap, cooked 1 cup 40.0

Legumes and Beans Serving Size mcg per serving

Soybeans (ddamame) 1 cup 87.4

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Misc. Serving Size mcg per serving

Cilantro, fresh 9 sprigs 62.0

Medium (between 20 and 40 mcg Vitamin K per serving)

Vegetables Serving Size mcg per serving

Lettuce, red leaf, raw 1 cup 39.3

Asparagus, cooked 5 spears 38.0

Spaghetti/Marinara sauce 1 cup 34.8

Asparagus, raw 5 spears 33.5

Cabbage, red, raw, shredded 1 cup 26.7

Lettuce, Iceberg, raw 2 cups 26.6

Cabbage, Chinese, raw, shredded 1 cup 25.1

Tomatoes, sun-dried 1 Cup 23.2

Peas & onions, frozen, cooked 1 cup 21.8

Carrots, cooked, slices 1 cup 21.4

Cauliflower, cooked 1 cup 21.4

Fruits Serving Size mcg per serving

Pumpkin, canned 1 cup 39.2

Kiwi fruit 1 medium 30.6

Blackberries 1 cup 28.5

Blueberries 1 cup 28.0

Grapes, red/green, seedless 1 cup 23.4

Legumes and Beans Serving Size mcg per serving

Bean sprouts, mung, fresh 1 cup 34.3

Cashews 1/2 cup 23.8

Misc. Serving Size mcg per serving

Thyme, dried 1 tsp 24.0